

Every Member Counts

SOUTH DAKOTA NATIONAL GUARD



THE FOCUS IS FOR SERVICE MEMBERS & FAMILIES, VETERANS, RETIREES & SURVIVORS

September Family Focus

Mission: Service Member & Family Support enhances and empowers the lives of our customers with consistently exceptional service & support.

**Service Member and
Family Support**

Phone: 1-800-658-3930

Healthy, Active Children and Academic Achievement

We all want our children to enjoy learning, make good grades and achieve success. Nutrition and physical activity are linked to academic achievement, so making sure your children are healthy and active will fuel them to reach their academic goals.

A healthy lifestyle can help improve a child's: Attention span, Thinking ability and Memory

Here are some tips for making healthy eating and physical activity part of your child's daily life. For more nutrition and physical activity help, contact Military OneSource online, or call 800-342-9647, and set up a specialty consultation for health and wellness coaching.

Hungry kids tend to have shorter attention spans and have difficulty with problem solving, math skills and memory recall, according to studies from the Journal of School Health. Children need a nutritional breakfast of whole grains, fiber and protein. They also need snacks throughout the day that are high in protein and low in sugar, to boost their ability to listen, process and remember what they are learning.

According to the Centers for Disease Control and Prevention, children need at least 60 minutes of physical activity every day. Physical activity can include school recess periods, hiking, dancing, playing sports, or walking to and from school.

Click [here](#) for more information.



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Changes to Tricare on the Horizon

You may or may not have been hearing, but The Military Health System (MHS) is modernizing TRICARE to better serve you and respond to changes in law and policy. Most provisions will go into effect on January 1, 2018, with full implementation occurring on January 1, 2019.

It is recommend that you visit the official Tricare Changes webpage at <https://tricare.mil/changes> and sign up for email or text updates by [clicking here](#).



Strong Bonds 2018



Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect.

The retreat or “get away” provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.

Strong Bonds for Families

20-21 January 2018 – Rapid City

Strong Bonds for Couples

24-25 March 2018 – Sioux Falls

For additional Information contact
Chaplain (COL) Wilson at
605-737-6009 or
lynn.j.wilson.mil@mail.mil

Governor signs proclamation for Employer Support of the Guard & Reserve

PIERRE, S.D. – Gov. Dennis Daugaard demonstrated his support of the military by signing an executive proclamation announcing Aug. 20-26, 2017, as Employer Support of the Guard & Reserve Week in South Dakota. The proclamation honors the members of our Guard and Reserve for their steadfast dedication - both in and out of uniform. The proclamation also acknowledges the families, employers, and businesses whose encouragement and flexibility enable our military to thrive, and whose support has been vital to the success, stability, and security of our Nation. ESGR facilitates and promotes a cooperative culture of employer support for National Guard and Reserve service by developing and advocating mutually beneficial initiatives, recognizing outstanding employer support, increasing awareness of applicable laws and policies, resolving potential conflicts between employers and their service members, and acting as the employers' principal advocate within the Department of Defense.

***Executive Proclamation
State of South Dakota
Office of the Governor***

Whereas: For more than two centuries, brave patriots have given of themselves to secure our fundamental rights to life, liberty, and the pursuit of happiness -- and in times of both war and peace, members of the National Guard and Reserve have stood ready to don our uniform, answer our Nation's call, and protect our way of life; and,

Whereas: There are nearly 5,000 members of our National Guard and Reserve in South Dakota who dutifully train and prepare so that when they are called at a moment's notice to serve their Nation, they are able to serve with the honor and dedication that have long been hallmarks of our Armed Forces; and,

Whereas: Balancing their lives as civilians with their responsibilities in uniform, they defend and protect our people at home and abroad. In the face of natural disasters and humanitarian crises, they are quick to respond and offer assistance; during periods of conflict and strife, they help keep us safe and protect our national interests; and,

Whereas: These citizen-Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen deserve the full backing of their civilian employers and the promise of a secure and stable life here at home. From the businesses that seek to recruit and retain these patriots in the workplace to the supporters who provide leadership and resources, this unconditional care for our Guardsmen and Reservists and their families is part of what makes our military the greatest fighting force the world has ever known; and,



Whereas: During National Employer Support of the Guard and Reserve Week, let us honor the members of our Guard and Reserve for their steadfast dedication to us all -- both in and out of uniform. And let us acknowledge the families, employers, and businesses whose encouragement and flexibility have enabled our military to thrive, and whose support has been vital to the success, stability, and security of our Nation.

For more information about ESGR outreach programs or ESGR volunteer opportunities, please call Maj. Lona Christensen at 605-737-6540 or visit www.ESGR.mil

DADDY DOLLS inc

Thank You for Your Service!

As our Thank You please take **15% OFF** your DaddyDolls.com order by using the code **MILITARY15** on the cart page.
Excludes Family Packs, items on sale and Gift Certificates. Expires 12/31/2017



For Any Questions Please Call Us at
(231) 268.3100 or Email info@daddydolls.com

Monthly Focus

SD Department of Veterans Affairs



Connecting With Our Veterans!

This summer we have had hot temperatures, wind, and very few rain showers; leaving our soil as hard as rocks!

Rocks and stones play a large part in our life – Mount Rushmore, Crazy Horse, and beautiful memorials for our veterans. For some of us, we have stones in our fields, our landscaping and in our prairies. There are agates in every pile of stones.

These rocks are right in front of our faces and yet without picking up each one, we do not notice all of them. Much like our journey at the South Dakota Department of Veterans Affairs, we are in search of the gems/stones we call veterans.

It is important that we help our veterans move ahead, live life to the fullest, reintegrate into their communities and have access to high quality benefits and services in a timely, consistent, and equitable manner. It is important that we help them establish a “new normal” in family relationships, wellness, and financial stability.

Help us acquire the tools to provide care, services, and final tributes for our heroes.

Help us be as responsive to our youngest veterans as we are to our oldest veterans.

Help us to return functionality to the men and women wounded in service.

Help us guide our veterans to the resources that can help them and their families.

Help us leave no stone unturned.

Encourage your veteran to contact the South Dakota Department of Veterans Affairs (605.773.3269) or their local country or tribal veteran service officer.

Larry Zimmerman, Secretary
South Dakota Department of Veterans Affairs

Upcoming Strong Bonds Events



Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or “get away” provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors

20-21 January 2018 – Rapid City
Strong Bonds for Families

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Strong Bonds for Couples

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Upcoming Opportunities



AUSA 2017 Family Forums



- **Family Readiness Breakfast, 9 OCT, 0730-0900**
NEW THIS YEAR! The AUSA Family Readiness Directorate will host a kick-off breakfast just prior to the opening ceremony of Annual Meeting. If you are an Army Family member, or support Army Families, this breakfast is for you! Cost is \$10 per person. Seating is limited to the first 100 tickets sold. Sign up today at <https://www.facebook.com/events/1928821477364408/>
- **Family Forum I, 9 OCT, 1400-1600, "Warrior and Family Wellness – It Takes a Team".**
For the past 16 years, Soldiers and their Families have experienced high levels of stress and/or traumatic events that can influence their health and well-being. Many find it difficult to find balance and wellness and do not always know whom to turn to when the going gets tough. The Army and various non-profit organizations have rallied to create programs aimed at increasing resilience and readiness. These programs could be the driving force towards healing. Sign up today at <https://www.facebook.com/events/834972296653393/>
- **Family Forum II, 10 OCT, 0900-1300, "Soldier and Family Readiness – Identifying Needs and Leveling Expectations".**
Forum participants will receive an overview of the new Readiness Essentials for Army Leaders (REAL) training. The RAND Corporation will present the results of its Soldier Needs Assessment and discuss their upcoming study focused on Army spouses. Lastly, you will hear from Army senior leadership on the status of Family Programs and interact with a panel of command sergeants major as they share their thoughts on the Soldier and Family programs and services that enhance and sustain readiness. Sign up today at <https://www.facebook.com/events/466424917066715/>
- **Family Forum III, 10 OCT, 1500-1630, "A Town Hall with Senior Army Leaders".**
This popular open forum allows direct interaction with the Secretary of the Army (TBA), the Chief of Staff of the Army (GEN Mark Milley), and the Sergeant Major of the Army (SMA Daniel Dailey). We also will introduce the 2017 AUSA Volunteer Family of the Year. Sign up today at <https://www.facebook.com/events/1570462969694048/>
- **AUSA/IVMF Collaborative Training Event, 11 OCT, 0900-1700 (IGNITE)**
 - Limited to 100 female participants – 25 spots reserved for AUSA members
 - \$10 AUSA member / \$25 non-AUSA member

Questions? Contact Ms. Patty Barron at (703) 907-2684 or Ms. Thea Green at (703) 907-2674



Trunk or Treat

Camp Rapid

Saturday, October 28th, 2-4 pm

Save the Date!

Trunkers and Volunteers wanted - stayed tuned for further information

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Black Hills Veteran March and Marathon

The Black Hills Veteran March and Marathon is a way to honor the sacrifices of the nation's service men and women. The 26.2 mile March takes place in the picturesque Black Hills National Forest on the Mickelson Trail.

Saturday, September 23rd, 2017

Deadwood, South Dakota



The Categories include
Military: individual, team and heavy
Civilian: individual and team
Marathon: Male and Female
16 mile Mini-March: Male, Female and Team

For information:

www.blackhillsveteranmarch.com



I WANT YOU

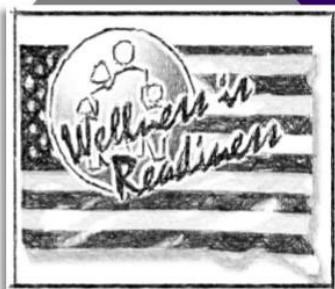
ENROLL IN VA HEALTH CARE

Did you deploy in support of Operation Enduring Freedom/Iraqi Freedom/New Dawn?

Then your service may have earned your access to VA health care benefits.
In order to take advantage of these benefits, you need to enroll in VA's health care system.

Contact your Transition Assistance Advisor (TAA) today to get started!

Christian.m.johnson.ctr@mail.mil or 605-737-6669



Priscilla Harkin

Contractor
SD & ND FRG Trainer
Sioux Falls
605-357-2970
priscilla.h.harkin.ctr@mail.mil



Wendi Albers

Contractor
JFHQ, RTI & RSG FRSA
Rapid City
605-737-6910
wendi.e.albers.ctr@mail.mil



(currently vacant)

Contractor
MEB FRSA
Sioux Falls
605-357-2974

FAMILY READINESS

September, 2017

How can YOU get involved with your FRG?



Ask your Soldier's unit if they are in need of any positions you have an interest for

- ♦ **FRG Lead Volunteer/Co-Lead:** organize and lead the Family Readiness Group. 5-20 hrs. per month (dependent on deployment status).
- ♦ **Treasurer/Alternate Treasurer:** custodian for FRG Informal Funds. 2-3 hrs. per month.
- ♦ **Newsletter Publisher:** create unit FRG newsletter with unit information, benefits, activities, and services available. 3-5 hrs. quarterly or monthly during deployments.
- ♦ **Other Possible Volunteer Positions:** Secretary, Events Coordinator, Youth Events Coordinator, Fund Raising Coordinator, etc.....
- ♦ **Gratuitous Volunteer:** holds no specific position. Volunteer helps with any event your time allows.

Who Can get Involved?

- ♦ Spouses
- ♦ Older Children
- ♦ Parents
- ♦ Significant Others
- ♦ Retirees
- ♦ Friends
- ♦ Community Members
- ♦ Soldiers of all Ranks

Rewards of the Silent Ranks: Serve your country in a civilian uniform, support your Soldier, foster relationships, increase your understanding of the National Guard, enhance your resume



Volunteers & Family Members Wanted during SRP

Would you like to help out during your units **SRP (Soldier Readiness Process)** Drill weekend? A great opportunity to meet your unit Soldiers! See what **SRP** is all about. Help for one hour, one day or all weekend. It is completely up to you! Ask your soldier when they have their next **SRP** or call your Family Readiness Support Assistant (FRSA) for more information.

The FRSA Team provides support to Family Readiness Groups

What does your Family Readiness Support Assistant (FRSA) do?

We help FRG's



Available anytime for questions or to provide assistance to FRG's & their members.

Track: Volunteer Hours, FRG trainings & Meetings

Schedule FRG trainings for Unit Commanders, Reps & Volunteers

Assist with ICI prep & binder maintenance
(Initial Command Inspection)

Verify all soldiers MPOC are current and valid.
(point of contact)

Ensure that all Units in the state are completing their Family Readiness Criteria (purple binders)

appointment markers for leads - Treasurer & unit Reps, agreements, sanctions/plan - telephone trees - no volunteers, annual briefs & resiliency classes

Assigned at the brigade level 2 FRSA's in SD

The bridge between the Command and FRG

Immediate User: Commands/FRGs Proactive



Maintain & submit SD Monthly Family Readiness Reports to NGB

SDSU has designated their game on 11 November 2017 as the Military Appreciation Game for football.

Similar to previous years they are giving away two free tickets to each past or present service member with a valid form of military identification.

This could include but not limited to military ID, legion/VFW membership card, and dependent ID. They will also be displaying military pictures on their video board as they have in past years. If your unit or family support would like to supply a picture please upload the picture to the link listed below prior to 1 November.

Pictures can be uploaded to the SDSU dropbox account by clicking [here](#). SDSU will resize them as they come in so you don't need to have a specific size of image.

If you have any questions or run into issues uploading photos please contact

MAJ Rebecca Trygstad
605-696-5401

— SAVE THE DATE —
November 11, 2017

VS.

MILITARY APPRECIATION DAY

Kick-Off - 2:00 p.m. | Dana J. Dykhouse Stadium

South Dakota State Athletics would like to invite all Military Personnel out for "Military Appreciation Day" as the Jackrabbits football team hosts Illinois State.

All Military Personnel will receive (2) complimentary tickets to the game (Pick-up tickets at Gate C (First Bank & Trust Entrance) the day of game)

For More Information: call 1.605.688.5422

South Dakota Vietnam Veteran's & Era Reunion

February 23-25, 2018
Ramada Inn - \$79.00 per night
Mitchell, SD • 605-996-6501

Send to: SD Vietnam Veteran's & Era Reunion • PO Box 1026 • Mitchell, SD 57301

Friday Feb. 23	Registration Soup & Sandwich Supper Music by <i>Mega Sound</i>	4:00PM 6-8:00PM 8-11:00PM
Saturday Feb. 24	Registration Lunch at American Legion (<i>Goodwill Donation</i>) Speaker at Ramada Inn (<i>Agent Orange</i>) Happy Hour Banquet & Speaker Auction Dance to <i>Something New</i>	8:00AM 12-1:30PM 2-4:30PM 5:30PM 6-7:30PM 8:00PM 9-Close
Sunday Feb. 25	MEMORIAL SERVICE	10:00AM

Early Bird Drawing - register by Jan. 1st, 2018, you will be entered to win.

Name of Veteran _____ Friday \$35.00 each
Name of Guest _____ Saturday \$45.00 each
Branch of Service _____ Both Days \$75.00 each
Date of Service _____

Contact number for more information: 605-996-2211 or 605-999-2321



Public Agent Orange Forum

November 4, 2017

Meade County Administration Building,
1300 Sherman St. Sturgis, SD
Commissioners Chambers (2nd Floor)
Two Sessions: 9:00 AM – 12:00 PM
and 1:00 PM – 4:00 PM

Moderator: Maynard Kaderlik
Vietnam Veterans of America Agent Orange Chairman

Sponsored by Sturgis Arts Council and VVA #1039

This is a very important event for those who were exposed and for family members.

POC: John Price at 605-490-2286 or
heartofabear.jdp@gmail.com

THE SDNG YOUTH COUNCIL WANTS YOU!

ARE YOU A MILITARY YOUTH AGE 14-17 INTERESTED IN ...

BEING PART OF A TEAM

BECOMING THE VOICE OF ALL SD MILITARY YOUTH

HELPING TO PLAN PROGRAMS AND EVENTS FOR GUARD YOUTH

TRAVELING FOR STATE MEETINGS

EMPOWERING SD GUARD YOUTH

RECEIVING CERTIFICATIONS TO HELP YOU STAND OUT ON YOUR RESUME OR COLLEGE APPLICATION

GAINING VOLUNTEER HOURS FOR GRADUATION CREDIT

BECOMING A PEER MENTOR

... IF SO, **JOIN US AND ACCOMPLISH THESE MISSIONS AND MORE!**

**For more information about the
SDNG Youth Council**

Or to get an application

Contact:

Child & Youth Program Coordinator

Candice Tvinnereim

Office: 605-882-9376 | Cell: 605-787-3312

Candice.l.tvinnereim.ctr@mail.mil



SAVE THE DATES

24-25 . MARCH . 2018

. YOU WON'T WANT TO MISS THIS .



THE SDNG STATE FAMILY & YOUTH SYMPOSIUM 2018

. SIOUX FALLS SD .

. ONE HOTEL LOCATION . HOLLYWOOD THEME . BLACK & WHITE DRESS .

. PHENOMENAL SPEAKERS & TRAINERS . FAMILY FUN TOGETHER .

. MORE INFORMATION TO FOLLOW .

Did you know?

The **Transition Assistance Advisor (TAA) Program** serves Active and Reserve Component service members of **ALL** branches of the military **AND** Veterans who have dedicated themselves to serving our nation, often at great personal sacrifice. The program's principal role is to provide direction to Reserve Component service members so that they can secure all benefits, entitlements, and services earned through their military service with the compassion of someone who's been there.

You may not need assistance at this time, but you may have a friend or family member that could use some assistance.



Common services provided are:

- Requesting Military Service records
- Enrollment into the VA Healthcare
- Counseling on Education Benefits
- Supporting deploying and returning units
- Employment
- Tricare
- State specific benefits
- Navigating local, state and federal programs

I am a current service member in the SDARNG, an OEF-Afghanistan veteran, former full-time Soldier, education counselor and will put to use my skills and relationships to ensure your needs are met.

Contact your TAA today at 605-737-6669 or christian.m.johnson.ctr@mail.mil

September Family Focus

Service Member and Family Support
South Dakota National Guard

2823 W. Main St, Rapid City SD 57702

1-800-658-3930



We also recommend that you like and follow us on [Facebook](#) as we continuously update new and exciting information.

Have suggestions of thing you would like to see in a future issue of the focus? Please contact us!

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